

Patient Forum 2021: Living Your Best Life with Kidney Disease



Day 1: Tuesday March 9, 2021

General Sessions

- 1:00 pm Welcome and Opening and Territorial Acknowledgement
- 1:10 pm Living with Chronic Kidney Disease
- 2:15 pm Self-Advocacy – Knowing when to ask for help
- 3:00 pm Movement Break
- 3:20 pm Complementary and Alternate Therapies in CKD
- 4:05 pm Managing Fatigue
- 5:00 pm Networking
- 5:30 pm Close

Day 2 Wednesday, March 10, 2021

General Sessions

3:45 pm Welcome

4:00 pm **Concurrent Sessions: Choose ONE for this time frame.**

- Sex and the Kidney: Navigating Your Sexual Health with Kidney Disease
- When to Start Dialysis?

General Sessions

4:45 pm Movement, Wellness and Kidney Disease

5:30 pm Active Break

5:50 pm **Concurrent Sessions: Choose ONE for this time frame.**

- Care Partners and Families of People with Kidney Disease
- Peer Support and Virtual Supports for People with Kidney Disease
- Patient Empowerment.

General Sessions

6:35 pm Cooking with Chef Kris Gaudet

8:00 pm Networking

Day 3: Thursday March 11, 2021 – World Kidney Day

12:00 pm **Special Session: Separate registration required**

- Fertility and Family Planning with Kidney Disease

General Sessions

1:40 pm Welcome and Introduction

1:50 pm Finding Humour in Difficult Topics

2:35 pm Active Break: Find Your Funny Side - Laughter Wellness Session

2:50 pm Cannabis and the Kidney: What You Need To Know

3:35 pm Closing Address